

WHAT IS CLAIMED IS:

1. A method of preparing food to be cooked under heat or food cooked under heat, which is capable of decreasing acrylamide contained in the food after the  
5 cooking, wherein the method comprises adding to the food at least one water-soluble poly-valent metallic compound.

2. The method of preparing food to be cooked under heat or food cooked under heat according to  
10 claim 1, wherein the poly-valent metallic compound is a compound capable of allowing poly-valent metal ions selected from the group consisting of  $\text{Ca}^{2+}$ ,  $\text{Mg}^{2+}$ ,  $\text{Al}^{3+}$ ,  $\text{Fe}^{2+/3+}$ ,  $\text{Cu}^{2+}$ ,  $\text{Zn}^{2+}$  and  $\text{Ba}^{2+}$  be contained in the food before the cooking.

15 3. The method of preparing food to be cooked under heat or food cooked under heat according to claim 1, wherein the food contains a cereal flour and/or starch.

20 4. The method of preparing food to be cooked under heat or food cooked under heat according to claim 1, wherein the temperature at which the food is to be cooked or cooked under heat is not lower than 120°C.

25 5. The method of preparing food to be cooked under heat or food cooked under heat according to claim 4, wherein the cooking under heat is carried out by frying, stir-frying or roasting.

6. The method of preparing food to be cooked under heat or food cooked under heat according to claim 1, wherein the food is selected from the group consisting of noodles, tempura (Japanese deep-fried food), baked confectionery, fried confectionery, snacks and foods having wrapping sheet of dough made of a cereal flour or starch.

5           7. The method of preparing food to be cooked under heat or food cooked under heat according to  
10          claim 6, wherein the baked confectionery is biscuits, the fried confectionery is Karintou, the snacks is potato chips, and the foods having wrapping sheet of dough are selected from Agegyouza and Yakigyouza.

15          8. The method of preparing food to be cooked under heat or food cooked under heat according to  
20          claim 1, wherein the food is to be cooked or cooked at a temperature for a period of time which permit the amount of acrylamide to be increased after the cooking under heat, compared with the amount of acrylamide contained in the food before the cooking under heat, in the case where the food to which the water-soluble poly-valent metallic compound is not added, is cooked under heat.

25          9. The method of preparing food to be cooked under heat according to claim 1, wherein the method does not comprise final cooking of the food under heat for serving to eat to which the poly-valent metallic

compound is added, thereby to prepare semi-cooked food.

10. The method of preparing food cooked under heat according to claim 1, wherein the method further comprises cooking the food under heat to which the 5 poly-valent metallic compound is added, thereby to prepare the food cooked under heat.

11. Food before cooking under heat, which is prepared by the method according to claim 1, and which is capable of lowering acrylamide contained in the food 10 after the cooking under heat.

12. Food cooked under heat, which is prepared by the method according to claim 1, in which acrylamide was lowered.